

PT Schedule for Combatives School

Monday: Formation at the fight house 06:30. Pull Up Bar workout/ 5 Pull ups/10 push-ups/15 squats/20 sit ups on a twenty five minute continuous clock.

Tuesday: Formation on Hendricks Field or on the field in front of Cleland Ice Skating Rink 06:30. Circuit PT: Sprawls/E0's/Burpees/Flutter-kicks/Oblique Push-ups/Sprints/Squats/Single leg Push-ups/Sit Ups (not in that particular order) or Cardio workout in the schoolhouse.

Wednesday: Formation at the fight house 06:30. Tabata PT and Mitts: 20 sec of work 10 sec of rest, eight rotations of four or eight different exercises followed by a punch gauntlet.

Thursday: Formation at the fight house 06:30. Three mile run followed by a thirty minute roll session.

Friday: Formation at the fight house 06:30. Five combination punch gauntlet, 1 minute rounds 10 sec rest (thirty five mins).

Open mat is held each day starting at 1130 and ending at or around 1250.

All PT sessions will begin at 0630. Tuesday, Wednesday and Friday includes and RPT warm-up session.